

Managing Food Allergies at School

School Mental Health Professionals

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Food allergies are a growing concern for schools. School mental health professionals, including counselors, social workers, and psychologists, provide services to help ensure that students with food allergies are safe and supported at school.

In a typical classroom of 25 students, at least one student is likely to be affected by food allergies. For reasons that are not completely understood, the number of children with food allergies is increasing. Food allergies can have a significant effect on the psychosocial health of students and their families, and students with food allergies may experience more anxiety and fear than their peers. More than one out of three people with food allergies report being the victims of bullying, teasing, or harassment because of their food allergy.

Key actions that school mental health professionals can do to support students with food allergies include:

- Participating in the school's planning for managing food allergies, including the development of 504 or IEP accommodations.
- Getting trained to help manage food allergies at school.
- Supporting the emotional and mental health needs of students who have food allergies, and
- Assisting students, parents, and school staff to address bullying.

The school community can work together to help students with food allergies be safe and supported at school. To learn more and to access the CDC food allergy guidelines and tool kit, go to [cdc.gov/HealthyYouth/FoodAllergies](https://www.cdc.gov/HealthyYouth/FoodAllergies).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.